

Vinaya Vanchaka : Top 5 Breakfast which Keeps You Healthy

Breakfast is the first meal taken after rising from a night's sleep, most often eaten in the early morning before undertaking the day's work. Skipping breakfast can set you up for overeating later in the day. A healthy a.m. meal, on the other hand, can give you energy, satisfy your appetite, and set the stage for smart decisions all day long. Not only does this first meal of the day help you develop healthy eating habits and better weight control, but it can also improve your focus, mood and energy. Here are the top 5 breakfast to eat every day:

Oatmeal

You may have noticed a heart-shaped seal on your box of oatmeal recently. The seal's there because oats contain beta-glucan, a type of fiber that's been shown to help lower cholesterol when eaten regularly. Need another reason to dig in? Oats are also rich in omega-3 fatty acids, folate, and potassium.

Grapefruit

Trying to lose weight? According to one study, eating half a grapefruit before each meal may help you slim down faster, thanks to the fruit's fat-burning properties and its beneficial effect on blood sugar and insulin levels. Grapefruit is also hydrating, filling, and packed with immunity-boosting antioxidants.

Bananas

There's nothing like a banana at breakfast to keep those mid-morning cravings at bay. The yellow fruit—especially when they're still a touch green—are one of the best sources of resistant starch, a healthy carbohydrate that keeps you feeling fuller longer.

Eggs

These incredible edibles have made quite a comeback in recent years. Once shunned for being high in dietary cholesterol (one yolk contains about 60% of your daily allotment), eggs are now embraced as a healthy source of protein and nutrients like vitamin D. Why the turnabout? Research has shown that the cholesterol in our food has less of an impact on blood cholesterol than previously thought.

Watermelon

As its name suggests, watermelon is an excellent way to hydrate in the morning. What's less well known is this juicy fruit is among the best sources of lycopene—a nutrient found in red fruits and vegetables that's important for vision, heart health, and cancer prevention.